



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 36018, APPLEBEE'S, fish, hand battered

Report Date: July 04, 2017 17:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	58.82	6	0.285	57.8	59.91	5.0	58.084	59.549	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	202	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	844	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein <sup>1</sup>	g	13.23	6	0.377	12.2	14.7	5.0	12.258	14.195	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) <sup>1</sup>	g	9.14	5	0.243	8.6	9.96	4.0	8.465	9.815	1	Analytical or derived from analytical	--	03/2013
Ash <sup>1</sup>	g	2.17	6	0.081	1.8	2.33	5.0	1.962	2.378	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	16.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary <sup>1</sup>	g	0.9	3	0.204	0.6	1.3	2.0	0.039	1.796	1	Analytical or derived from analytical	--	03/2013
Sugars, total <sup>1</sup>	g	0.51	3	0.029	0.46	0.56	2.0	0.386	0.634	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) <a href="#">1</a>	g	0.51	3	0.029	0.46	0.56	2.0	0.386	0.634	1	Analytical or derived from analytical	--	03/2013
Fructose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Lactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Galactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Starch <a href="#">1</a>	g	15.80	3	0.100	15.7	16	2.0	15.37	16.23	1	Analytical or derived from analytical	--	03/2013
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	13	6	0.697	12	17	5.0	11.691	15.276	1	Analytical or derived from analytical	--	03/2013
Iron, Fe <a href="#">1</a>	mg	0.35	6	0.005	0.34	0.37	5.0	0.338	0.365	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg <a href="#">1</a>	mg	20	6	0.432	19	22	5.0	19.174	21.393	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a>	mg	234	6	3.658	220	244	5.0	224.265	243.069	1	Analytical or derived from analytical	--	03/2013
Potassium, K <a href="#">1</a>	mg	241	6	7.787	224	276	5.0	220.648	260.685	1	Analytical or derived from analytical	--	03/2013
Sodium, Na <a href="#">1</a>	mg	607	6	30.628	457	651	5.0	527.991	685.453	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn <a href="#">1</a>	mg	0.34	6	0.007	0.33	0.37	5.0	0.327	0.362	1	Analytical or derived from analytical	--	03/2013
Copper, Cu <a href="#">1</a>	mg	0.039	6	0.001	0.04	0.04	5.0	0.036	0.042	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn <a href="#">1</a>	mg	0.097	6	0.004	0.09	0.11	5.0	0.087	0.107	1	Analytical or derived from analytical	--	03/2013
Selenium, Se <a href="#">1</a>	µg	17.8	3	0.503	17.2	18.8	2.0	15.634	19.965	1	Analytical or derived from analytical	--	03/2013
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.053	3	0.003	0.05	0.06	2.0	0.039	0.067	1	Analytical or derived from analytical	--	03/2013
Riboflavin <a href="#">1</a>	mg	0.093	3	0.002	0.09	0.1	2.0	0.082	0.104	1	Analytical or derived from analytical	--	03/2013
Niacin <a href="#">1</a>	mg	2.290	3	0.107	2.08	2.43	2.0	1.83	2.75	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.400	2	--	0.37	0.43	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 <sup>1</sup>	mg	0.201	3	0.007	0.19	0.21	2.0	0.171	0.231	1	Analytical or derived from analytical	--	03/2013
Vitamin B-12 <sup>1</sup>	µg	1.23	3	0.067	1.1	1.3	2.0	0.947	1.52	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol <sup>1</sup>	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, beta <sup>1</sup>	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, alpha <sup>1</sup>	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta <sup>1</sup>	µg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	22	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lycopene <sup>1</sup>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin <a href="#">1</a>	µg	100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.88	3	0.024	0.84	0.93	2.0	0.776	0.984	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta <a href="#">1</a>	mg	0.09	3	0.020	0.05	0.12	2.0	0.004	0.174	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma <a href="#">1</a>	mg	3.72	3	1.044	1.65	4.95	2.0	-0.77	8.218	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta <a href="#">1</a>	mg	1.52	3	0.494	0.54	2.04	2.0	-0.602	3.648	1	Analytical or derived from analytical	--	03/2013
<b>Lipids</b>													
Fatty acids, total saturated	g	1.613	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
6:0 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
8:0 <a href="#">1</a>	g	0.006	3	0.001	0	0.01	2.0	--	0.011	1	Analytical or derived from analytical	--	03/2013
10:0 <a href="#">1</a>	g	0.007	3	0.000	0.01	0.01	2.0	0.005	0.008	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 <a href="#">1</a>	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
14:0 <a href="#">1</a>	g	0.014	3	0.001	0.01	0.02	2.0	0.009	0.019	1	Analytical or derived from analytical	--	03/2013
15:0 <a href="#">1</a>	g	0.004	3	0.001	0	0.01	2.0	0.002	0.007	1	Analytical or derived from analytical	--	03/2013
16:0 <a href="#">1</a>	g	1.023	3	0.004	1.02	1.03	2.0	1.007	1.04	1	Analytical or derived from analytical	--	03/2013
17:0 <a href="#">1</a>	g	0.009	3	0.001	0.01	0.01	2.0	0.007	0.011	1	Analytical or derived from analytical	--	03/2013
18:0 <a href="#">1</a>	g	0.481	3	0.011	0.46	0.5	2.0	0.432	0.529	1	Analytical or derived from analytical	--	03/2013
20:0 <a href="#">1</a>	g	0.029	3	0.001	0.03	0.03	2.0	0.026	0.031	1	Analytical or derived from analytical	--	03/2013
22:0 <a href="#">1</a>	g	0.029	3	0.002	0.03	0.03	2.0	0.019	0.039	1	Analytical or derived from analytical	--	03/2013
24:0 <a href="#">1</a>	g	0.012	3	0.001	0.01	0.01	2.0	0.006	0.017	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total monounsaturated	g	2.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
15:1 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 undifferentiated <a href="#">1</a>	g	0.026	3	0.009	0.01	0.04	2.0	-0.012	0.063	1	Analytical or derived from analytical	--	03/2013
16:1 c <a href="#">1</a>	g	0.025	3	0.008	0.01	0.04	2.0	-0.009	0.058	1	Analytical or derived from analytical	--	03/2013
16:1 t <a href="#">1</a>	g	0.001	3	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	03/2013
17:1 <a href="#">1</a>	g	0.006	3	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated <a href="#">1</a>	g	1.924	3	0.022	1.89	1.97	2.0	1.829	2.018	1	Analytical or derived from analytical	--	03/2013
18:1 c <a href="#">1</a>	g	1.902	3	0.017	1.87	1.93	2.0	1.827	1.976	1	Analytical or derived from analytical	--	03/2013
18:1 t <a href="#">1</a>	g	0.022	3	0.006	0.01	0.03	2.0	-0.002	0.046	1	Analytical or derived from analytical	--	03/2013
20:1 <a href="#">1</a>	g	0.057	3	0.004	0.05	0.06	2.0	0.042	0.072	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.004	0.007	1	Analytical or derived from analytical	--	03/2013
22:1 c <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.004	0.007	1	Analytical or derived from analytical	--	03/2013
22:1 t <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
24:1 c <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	4.559	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated <sup>1</sup>	g	3.856	3	0.087	3.7	4	2.0	3.482	4.231	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c <sup>1</sup>	g	3.794	3	0.081	3.65	3.92	2.0	3.445	4.142	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs <sup>1</sup>	g	0.010	3	0.001	0.01	0.01	2.0	0.007	0.012	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined <sup>1</sup>	g	0.053	3	0.007	0.04	0.07	2.0	0.022	0.084	1	Analytical or derived from analytical	--	03/2013
18:3 undifferentiated <sup>1</sup>	g	0.517	3	0.009	0.5	0.53	2.0	0.478	0.556	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.482	3	0.005	0.47	0.49	2.0	0.461	0.503	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c <sup>1</sup>	g	0.035	3	0.003	0.03	0.04	2.0	0.02	0.05	1	Analytical or derived from analytical	--	03/2013
18:3i <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	03/2013
18:4 <sup>1</sup>	g	0.003	3	0.002	0	0.01	2.0	-0.004	0.009	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c <sup>1</sup>	g	0.006	3	0.003	0	0.01	2.0	-0.007	0.019	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:3 n-6 <sup>1</sup>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated <sup>1</sup>	g	0.013	3	0.002	0.01	0.02	2.0	0.005	0.021	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) <sup>1</sup>	g	0.050	3	0.002	0.05	0.05	2.0	0.04	0.06	1	Analytical or derived from analytical	--	03/2013
22:4 <sup>1</sup>	g	0.001	3	0.001	0	0	2.0	-0.004	0.007	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) <sup>1</sup>	g	0.005	3	0.001	0	0.01	2.0	0.001	0.008	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) <sup>1</sup>	g	0.107	3	0.006	0.1	0.12	2.0	0.083	0.131	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total trans	g	0.077	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol <sup>1</sup>	mg	34	3	0.636	33	36	2.0	31.63	37.103	1	Analytical or derived from analytical	--	03/2013
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine <sup>1</sup>	g	0.432	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine <sup>1</sup>	g	0.693	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine <sup>1</sup>	g	1.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine <sup>1</sup>	g	1.197	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Methionine <sup>1</sup>	g	0.414	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine <a href="#">1</a>	g	0.162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine <a href="#">1</a>	g	0.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine <a href="#">1</a>	g	0.414	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine <a href="#">1</a>	g	0.765	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine <a href="#">1</a>	g	0.846	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine <a href="#">1</a>	g	0.333	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine <a href="#">1</a>	g	0.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid <a href="#">1</a>	g	1.323	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid <a href="#">1</a>	g	2.241	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glycine <a href="#">1</a>	g	0.666	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline <sup>1</sup>	g	0.693	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine <sup>1</sup>	g	0.432	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline <sup>1</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD